

Handcrafting *a life vision*

why

I make the choices I do

purpose for life or this season/ core values and beliefs
mission/ impact/ legacy/
how I'll know I have lived well



what

I want and what I use to guide my thoughts and behavior

mind-body-spirit intentions
guiding word or mantra for the year
vision board or detailed visualization of what I want my life to look/sound/feel like
who & how I choose to BE in the world



how

I practice showing up fully to life

goals that help me fulfill my purpose or move closer to who and how I want to be
daily and weekly habits or rhythms
how I expend my time/energy/finances/gifts/
mindset practice/ tools I use/ boundaries
the relationships I allow into my life
(translate your dreams or vision into imperfect action)

Notes

- Honor your natural wiring/personality/energy flow as much as possible
- Check in seasonally/adjust as needed to remain focused and “on purpose”
- You may want to keep a separate “bucket list” for ideas or inspiration that arises but not everything that comes up merits space/energy in this season

